

October 2013

### **2013 State of the City Address**

On October 22, I made my State of the City Address for 2013. This inaugural event was coordinated by the Virginia Peninsula Chamber of Commerce and the City of Newport News. For those who were not able to attend, a video of the event is linked below. The theme of the address is “Great Leadership, Great Results.” It highlights the great results that we have seen throughout our City because of the leadership of our business community, elected officials, City staff, and you, the citizens. I hope that you will take time to watch the video and learn about the many great things happening in Newport News, and the many great things yet to come.

- [State of the City Address](#)

### **Breast Cancer Awareness**

October is recognized as Breast Cancer Awareness month in the United States and throughout the world. The month-long campaign helps to raise awareness and funds to support breast cancer research and those who are battling the disease. While most people are aware that breast cancer exists, many do not take the proper steps to promote early detection of the disease, when it is in its most treatable stages.



Breast cancer is the most common non-skin cancer in the United States for women, no matter what race or ethnicity, and is the leading cause of death in women between the ages 40 and 55. There are several factors to be aware of that may increase the risk of developing breast cancer, including obesity, consuming alcohol, previously having radiation therapy to the chest, and family history. Regular exercise and maintaining a healthy weight may help to lower the risk of breast cancer. Annual mammograms are recommended for women over the age of 40. Clinical breast exams are recommended every 3 years for women in their 20s and 30s, and every year for women 40 and over.

There are many ways that you can help spread awareness about breast cancer prevention and detection. Volunteering to help educate women about the disease, donating to national cancer and breast cancer organizations, helping to start a fundraiser or partnering with a nationally recognized charity – all are vitally important and help to further this worthwhile cause.

For more information on Breast Cancer Awareness month and breast cancer itself, please click on the links below.

- [National Breast Cancer Foundation](#)
- [Center for Disease Control](#)
- [American Cancer Society](#)

### **Halloween Safety**



Halloween is right around the corner, and I wanted to share some safety tips for residents participating in the festivities. First, I want to remind everyone that in Newport News, trick-or-treating is limited to children 12 years of age or younger and all trick-or-treating must end by 8:00 p.m. Parents are welcomed and encouraged to accompany their children when they are going door-to-door (and even dress up themselves), but cannot wear masks covering their face while doing so.

The following are some useful Halloween safety tips that are good for everyone to follow:

- Children should travel in groups and should be accompanied by an adult who is familiar with the neighborhood and the residents.
- Use a flashlight to light your way and to help others to see you.
- Children should only enter a home if they are with a trusted adult.
- Never go to a home that is not well lit.
- Wear well-fitting and highly visible costumes and shoes to avoid trips, falls, and blocked vision.
- Eat only factory-wrapped treats—avoid homemade treats.
- Examine all treats for choking hazards and tampering before eating them.
- Keep candle-lit Jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains.
- Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

- Parents, consider organizing or attending parties at home, in schools, at churches or in community centers as an alternative to trick-or-treating.

For more information on Halloween safety, please click on the links below. Have fun and be safe!

- [Centers for Disease Control and Prevention: Halloween Safety Information](#)
- [Childrens Coloring and Quiz Book on Halloween Safety](#)

### Public Art Tour in Newport News



"Handshake" by Gunther Stilling, found in the traffic circle on Thimble Shoals Boulevard in City Center.

Citizens of Newport News, residents of the Virginia Peninsula, and visitors to our community have a great opportunity to experience public art in a very unique way. The Newport News Public Art Foundation, which has sponsored 16 pieces of public art in our City, offers a free personalized Audio Tour of our City's remarkable and growing "outdoor art gallery" with the artists as your guide. By simply calling (757) 234-7019, and entering the stop number, you can hear from each of the sculptors, who speak about their work, explain what they were trying to say, and direct our eyes to notice things we may otherwise not see. The three most recent works that have been sponsored by the Newport News Public Art Foundation – *Build a Dream*, by Richard Hunt; *Time*, by Lee Tribe; and *Handshake*, by Gunther Stilling – are also included in this unique tour.

To receive a brochure about the art found on the Audio Tour, which was made possible by a grant from the Newport News Arts Commission, please email [ccapo@nnpaf.org](mailto:ccapo@nnpaf.org) or call (757) 369-3014. You can also learn more about the art and hear the artists' recording at [www.nnpublicart.org](http://www.nnpublicart.org).

### Upcoming Community Events

- **Domestic Violence Awareness Walk** - *Saturday, October 26, 9:00 a.m. – 11:00 a.m.; Riverview Farm Park – Shelter #2 (100 City Farm Road - Newport News)* - October is Domestic Violence Awareness Month, and the Newport News Commonwealth Attorney's Office is holding this event to help to raise awareness about this important issue. Following the walk, there will be a brief closing ceremony. For more information, please call Ms. MaRhonda Echols at (757) 926-7422 or [mechols@nngov.com](mailto:mechols@nngov.com).
  
- **National Drug Take Back Day** – *Saturday, October 26, 10:00 a.m. – 2:00 p.m., NNPD's North Precinct (368 DeShazor Drive) and Sentara Port Warwick Emergency Room (1131 Loftis Boulevard)* – The Police Department along with the Drug Enforcement Administration (DEA) will be collecting prescription drugs for destruction. This free, anonymous event offers the public an opportunity to drop off any expired, unused and unwanted prescription medications for proper disposal. For more information, please click on the link below.
  - [National Drug Take Back Day Information](#)
  
- **5th Annual Harvest Festival & Trunk or Treat** - *Thursday, October 31, 4:00 p.m. – 7:00 p.m., Doris Miller Community Center (2814 Wickham Avenue – Newport News)* – Come enjoy an evening full of festive fun and surprises for the entire family. This is a safe and unique alternative to trick or treat by going “trunk to trunk” in a family friendly, festive atmosphere! This event is FREE and open to the Public. If you would like your car to be entered into our Trunk or Treat spooktacular event please call us at 757-247-8603.
  
- **SOMO Spooktacular** – *Thursday, October 31, 2013; 6:30p.m. – 8:30 p.m.; South Morrison Family Education Center (746 Adams Drive - Newport News)* – Dress up and join in the Halloween fun at South Morrison for this free, family friendly event. Parents are encouraged to bring their children, ages 5 to 16, to this enjoyable occasion, which will include a haunted hallway, candy, games and crafts. For more information call (757) 926-1436.
  
- **Big Brothers Big Sisters' “the Peninsula's Got Talent”, Talent Show** - *Saturday, November 16, 1:30 p.m. – 3:30 p.m.; South Morrison Family Education Center (746 Adams Drive - Newport News)* – This fun program will showcase some of our gifted young people on the Peninsula as they display their many talents. This collaborative event is put on by Big Brothers Big Sisters and the Newport News Partnership For Youth. For more information, please click on the following link.
  - [Big Brothers Big Sisters Facebook Page](#)